



A safe home is in your hands.

## Safe Steps Checklist



Use the following checklist as a guide that can help keep your family safe from falls at home.

Learn more about actions you can take to keep your family safe in and around your home in Home Safety Council's Safety Guide including:

- Stairway Safety
- Bathroom Safety
- Ladder Safety



- \_\_\_ Are all stairs and steps protected with a secure banister or hand-rail on each side that extends the full length of the stairs?
- \_\_\_ Do you keep all stairwells, paths and walkways well lit? Stairwells need a light at the top and bottom of the stairs.
- \_\_\_ Do you use nightlights to help light hallways and bathrooms during night-time hours?
- \_\_\_ Do you keep stairs, steps, landings and all floors clear of clutter and cords?
- \_\_\_ If you have very young children, do you use safety gates at the tops and bottoms of stairs?
- \_\_\_ Do you use a non-slip mat or have adhesive safety strips or decals inside bathtubs and showers?
- \_\_\_ Have you placed a bath mat with a non-skid bottom on every bathroom floor?
- \_\_\_ Have you installed grab bars in bath and shower stalls?
- \_\_\_ Do you keep floors clean by promptly wiping up grease, water and other spills?
- \_\_\_ Are throw rugs in your home placed over a rug-liner or do they have non-skid backs to reduce your chance of slipping?
- \_\_\_ Do you use a sturdy step stool with hand rails when climbing is necessary? Older adults should not use step stools or ladders.
- \_\_\_ Have you installed window guards with emergency release mechanisms to prevent young children from falling out of upper windows?